

baseball scoring. They may move in any direction but must not enter the bases, nor run with the ball. Any baseman may start a rounder. The team wins, that scores the greatest number of rounders.

Ripple Pass.

Teams lined up in rank formation, partners facing. One basketball between two ranks, & ranks at least 4 ft. apart. Leader on one side has the ball & passes ball across to the leader of the opposite rank, who passes it back, a third time it is sent over, then the leader falls in at the end of the line & the next girl moves into her position. The player on the far side now starts the passes, & after the third, falls in at the end of her line - continue. Finish when original leaders are back in position, girl with ball holds it up marked.

Repeat game - ranks 6 paces apart - variety in type of pass.

✓ Adams - 4 Deambsorne Ave.

✓ Crane

✓ Jones - 326 Skedine Ave.

✓ Sykes - 832 Seneca St. John Connor Mts

✓ Gould - 704 Bathurst

✓ Mayday - 64 Ridgefield Ave. Pittsburgh 16.

✓ Jackson - 99 St. George

✓ Dayton - 7 Mullis Drive

✓ Fisher - 27 Orchard View Blvd.

✓ Ashby - 558 Jones St.

① Maidens

Mary Mallett

— Miss Beckney

✓ Denny Brown

✓ Margaret Carson

— Mrs. Dines

Woodhouse

Report Feb. 15.

April 1.

Discipline.

Bibliography.

Definition

Objectives.

Needs

Contents

Conclusion

References.

Plants
Mentoring
Above all others

Wilkston - History of P.E.

Voice

Search.

Sym Table IV

General Activity - Single file side steps -
ch: to step steps sidem: open order 5's.

Arm - A. hd: stroke: & swing in various directions

a) A. hd: & stroke: s. (1-2)

sm: d-f-u (3)

hd: & stroke: f (4-5)

sm: d-s (6)

hd: and stroke: d: (7-8)

b) 2 A. hd: & stroke: f. (1-2)

sm: d.-s (3)

hd: & stroke: u. (4-5)

sm: d-f. (6)

hd: & stroke: d: (7-8)

c) 2 A. hd: & stroke: u. (1-2)

sm: 2-d-f (3)

hd: & stroke: s. (4-5)

sm: d-f-u (6)

hd: & stroke: d: (7-8)

Leg - Hop m. alt. toe touch 2: (1-4)
fall: hop 2 hops m: alt: km: lift (5-8)
then 3 running steps form:
& hop swing free leg form. (1-4)
2 run steps backm: (5-6)
and 2 x jumps (7-8)

Head - Opp: (partner) x sitt: (arms folded) ●
H. turn lt. (1)
pause (2-3)
rt: (4)
pause (5-6)
the 6 nod in: head turn (1-6)

lateral - $\frac{1}{2}$ up: $\frac{1}{2}$ kn: grasp twist long sitt:
T. hd: form: + down: + T. shy:
in: hammer beats (1-4)
Stronger beat + T. raise: to
trist (5-8)
fall: long T. twist (increase range) (1-4)
A. lowering + strike fist opp:
A. resting to starting position ●
on opp. side.

2nd leg - Single file, hands on shoulders,
2 hops in: alt: leg sw: sidem:

Arch - Span bending.

X - Reverse hang.

Heave - Hi: hang, 2 leg swing dismount

Balance - The st: (across froms) dup kn:
hd: + form: leg sw: dismount: ●

Abd - Under somersault - Broom

lateral - Sidem: travelling - ladder.

• Exercises in Table.

1. by bk. flattening.
2. by 2 A. lift overhead lowering, 2 d.
3. Free run in. kn. hi. lift 1 ch.
to hl. lift back in. (kicking self)
4. cut step forward.
5. Stimulate circulation by hd.
clapping.

• 6. Partners by stretch + shake (passive)

IV Grades $+\frac{VII}{VIII} + \frac{IX}{X}$

NOV. 9

C.A. Marching, stick steps.

Arms. St: 2 sh. beats + 1 beat in stroke.
(1-2-3)

Leg. St: Alt. hd lift'g + 2 bob. jumps.
(1-2-3)

A. + L. St. A. arm. to beat sh. + sides on.
to beat (1-2-3-4)
A. arm. to stroke, L. full hand
to sh. (5-6-7-8)

H. J. + Abd. Bd. kn. sitt. T. hd. form + down
A. to hd. rest (1-2-3-4)
Kn. sitt. A. to hd. (5-6)
Kn. sh. (1-2)
T. full back. A. stroke. (3-4)
(5-6)
Kn. sitt. A. hd. (7-8)

Lat. Bd. str. sh.

T. turn Mt. sh. A. stroke 1/2 (1)
L.A. A. form. (2)
2 A. hand (light) (3)
Stroke form. (strong) (4)
light clack in reach (5)
2 A. Hd. + T. form. turn (6)

Arch. Prone leg. T. head back (1-2-3)
 Same (1-2-3)
 Lift (1-2-3)
 Hold (1-2-3)

X Crouches bk. to bk.
 Cr. st. - T. head from. + down.
 full leg. st. 2 A. arm. 2 arm.

Heave. Buss - Hi. hang.
 2 leg swing dismount.

Balance. $\frac{1}{2}$ cr. st. - leg swing down + sidem. (1)
 Swing bk. to high cr. (2)
 Repeat (3-4)
 Grasp kn. + lower head (5)
 Lift (6)
 leg lower (7)
 other knee up (8)

Agility. Star jump - forms.

Prep. for star. Star in 3's.

G.A. Counter marching.Arm Low oblique X sitt.

Slow A. lift to hi oblique (1-2-3-4)

2 quick claps in stick (5 +)

2 A. lowering sidem d. then
sidem. u. (6 +)

Extend in stick. (7)

2 A. lower (8)

Leg Hop m. alt. toe touch'g s. (1-2-3-4)
fall. leg X y. str. j. + 2 X y's (5-8)A + L St. - A. sm. to beat sh. + sides m.

to beat (1-2-3-4)

A. sm. to stick. L. full hand
to st. (5-6-7-8)

3 mlt. steps form + turn. (1-2-3-4)

Head X sitt. (arms folded) H. turn (1)

pause (2)

Bd. form. hd. back. (3-4)

Repeat opp.

G.I. - Bk. by. - kn. rise. (1)
 pause (2)
 kn. stick. to vertical (3)
 pause (4)
 Ch. to X sitt. (toes) (5)
 pause (6)
 T. hd. l. to rt. kn. & rise (1-2)
 reverse (3-4)
 Ch. to bk. by. (5-6)

LAT. - Bd. kn. st.
 T. turn. (1-2-3)
 2 A. stick s. (4)
 Press thumb in yd. (5)
 T. turn from m. A. hd. (6)

ABD - Rock the drumming.

ARCH - Span bend 'g. (bars)

X - Reverse hang (bars)

HEAVE - (Bars) St. - kn. hd. (1-2)
 Stick. (3-4)
 kn. bend. backm. (1-2)
 Return to start. (3-4)

BALANCE - It alking m. lift 'g to toes.

ABILITY - Star jump.

C. A. - 4 shifts from. (1-4)
 Couples face. Spring (5-8)
 4 shifts from. (1-4)
 4 bot jumps (5-8)

Arm. Double A. lift to yd. (1-2)
 H. turn lt. + rt.
 Change to wq. H. turn (3-4)
 A's lower (5)

Leg. 4 galps sidem. (1-4)
 Reverse (5-8)
 2 galps sidem. (1-7)
 Bot jump (8)
 Repeat diff.

A. + L. 3 runs - hi. spring to squat (1-4)
 A. raise s. t. n. + down.

1st. Sitt. - Hd. clapp. in any direction.

Hd. Couples. Bd. long sitt.
 1's - T. Arch. in. A. stock up. (1)
 T. Hd. from. down. (2)
 T. raise (3)
 Pause (4)
 2's Repeat
 Repeat together.



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